



Make a good impression.
All year long.



Parents, you have the power to influence your children about the importance of making healthy lifestyle choices. Here are twelve ideas that can guide you during the year to help you and your family have a Happy New Year!

2012 Helpful Hints

- 1 Eat dinner with your family (with the TV and other electronic devices like cell phones and video games, off) and talk with your children early and often.

- 2 Clearly communicate that you do not want your child using alcohol or other drugs.

- 3 Discuss the facts about alcohol and other drugs. Use TV shows, commercials, music lyrics, and real-life news stories to make your case.

- 4 Be a positive role model by using alcohol responsibly in your home, including reducing the amount that you consume.

- 5 Get input from your child to create a contract about the use of substances and the consequences of breaking those rules. Enforce them if broken.

- 6 Host social events that don't always include alcohol and never allow youth to drink alcohol in your home.

- 7 Monitor the amount of alcohol and prescription drugs in your home and keep them in a locked cabinet.

- 8 Learn what the symptoms of the various kinds of drugs look like so you can identify different or unusual behavior in your child.

- 9 Create an exit plan with your child, so if they ever are in an unsafe situation they can contact you for your help.

- 10 Catch them doing good and emphasize and reward the good choices that your children make.

- 11 Write and sign a "Family Pledge" that clearly spells out your expectations about substance use and post it where everyone in the family can see it.

- 12 Know, in advance, what resources are available in your community if you ever need assistance with substance use or abuse issues.